

Parenting the challenging child

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Center for Developmental Psychopharmacology

"SHPILKES"

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Challenging

What challenges do you face?????

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The Perfect Parent

I won't repeat the mistakes of my parent...




I'll make my own!









Relationship Tripod



- **T**rust
- **R**espect
- **C**ommunication






Dreams








Stages of Grief (Kubler-ross)

- Denial/Retreat
- Anger/aggression
- Bargaining/seeking control/seeking solutions
- Depression/isolation/shame
- Active acceptance/equanimity/integration



Early Intervention


“Find the best Education Lawyer...know your rights!”




Labels

Defining


Directing






Dismissing

Destructive

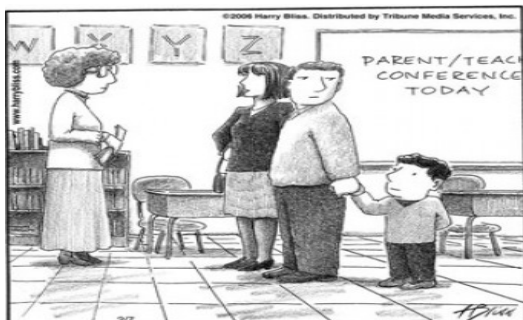




Potential

“Success isn’t just about potential!”





“We’re not too concerned about college ... Dale and I are pretty sure he’s going to prison.”

11

Mission Statement

Live YOUR reality, stay ENGAGED and...

—Go with the **FLO**

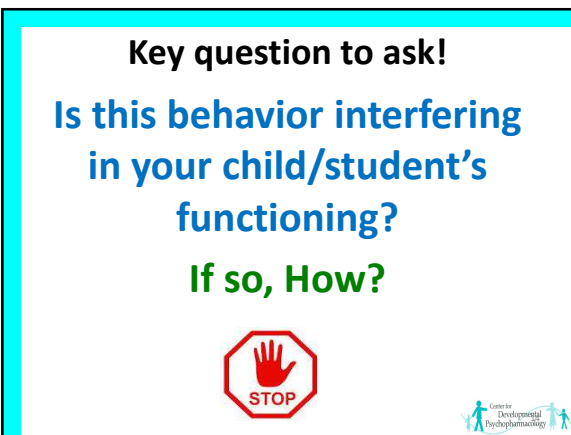
Flexible

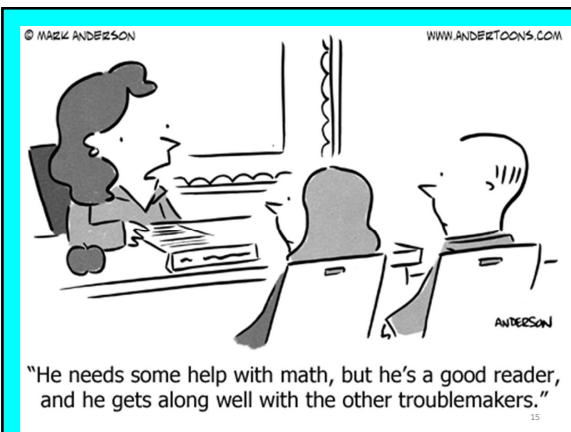
Loving

Optimistic












ALSUP (Ross Greene, PhD)

**Assessment of Lagging Skills
& Unsolved Problems**

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Resiliency

Relationships


Manage feelings & impulses

Problem-solving skills

Resources

Coping skills

Finding positive meaning in your life despite challenges



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One size DOESN'T fit all



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Teamwork

"it takes a village"




Parent/Teacher Collaboration


- Parental involvement is essential to child success.
- Parents and teachers are equal partners in the educational process.
- Teachers who feel confident in their abilities to collaborate will be more likely to reach out to parents.
- Teachers must take responsibility for engaging families.



Anxiety



WORRIER POSE




Who wins?????





CBT (cognitive behavioral therapy)


THINK



FEEL



DO



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"He's exceeding at meeting expectations for needing improvement."

ANDERSON

23

How to cope



Sometimes just staying afloat is sufficient!!!

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Perseverance



PAYS OFF!



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K.Spear


"I don't care if all the TV moms would let you do it.
I won't!"

26


From the mouths of babes...

To parents

- Non-judgmental
- LISTEN
- Positive Reinforcement
- Ask tough questions...and ez ones!



ARE YOU OKAY?????





From the mouths of babes...

To teachers

- Be Aware
- Constructive Criticism
- Resource Room/Tutors
- Incentives

Look at **INDIVIDUAL** learning style


From the mouths of babes...

To the docs, therapists, other villagers


- Explain in way kid can understand
- Tell family history
- Never give up
- Continuity of Care

Right meds








Kahlil Gibran (on children)




*They come through you but not from you,
And though they are with you, yet they belong not to you,
You may give them your love, but not your thoughts,
For they have their own thoughts.
You may house their bodies, but not their souls,
You are the bows from which your children as living
arrows are sent forth!*




SERENITY PRAYER



Grant me the serenity to
Accept the things I cannot change,
The courage to change
The things I can, and

The wisdom to know the
Difference!



HOPE

Having
Other
Possibilities
Exist





